

# What's Happening?



## FIA/FRIENDSHIP CLUB HARDIN COUNTY COMMUNITY SERVICES

**CHECK US OUT  
ON FACEBOOK!!  
FAITH IN ACTION/  
FRIENDSHIP CLUB**

# FEBRUARY 2019

### Dates to Remember

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**VALENTINE'S DAY:** February 14<sup>th</sup>  
**NAMI Family Support Group:** Tues,  
Feb 19, 6:30-8:00pm, at Friendship  
Club.  
**Juvenile MH First Aid:** Tuesday,  
March 5<sup>th</sup>, 8-4:30, Bethany  
Lutheran Church, Iowa Falls.



### NAMI Family Support Group

The NAMI Family Support Group will be meeting on the third Tuesday of each month. The next meeting is Tuesday, February 19<sup>th</sup> at 6:30-8:00pm. This support group is for family members or caretakers of those with mental illness. Please feel welcome to join us if you have questions, want direction, or just need an ear to listen. The support group now has two NAMI trained facilitators. The meeting is held at the Hardin County Friendship Club in Iowa Falls, 602 S. Oak St, North of Hy-Vee.

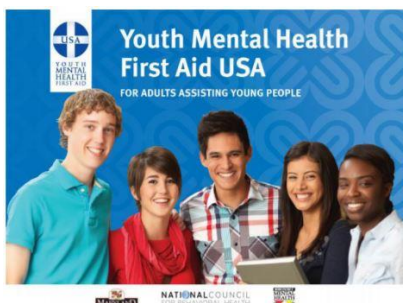
*\*This is the same group as Families Supporting Families, with a new name, time and location.*

### CICS 24-Hour Crisis Line 844-258-8858

From 9am-3pm, Monday-Friday you can also chat one-to-one online at [www.Foundation2CrisisChat.org](http://www.Foundation2CrisisChat.org) or by texting 800-332-4224. All contacts are confidential.

### Juvenile "Youth" Mental Health First Aid

Designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.



FIND REGISTRATION  
FORM ON NEXT PAGE.

### FIA Friendship Club is 17 Years Old!

February is the anniversary month for the opening of the Friendship Club. We opened our doors on February 4, 2002, so this year we celebrate our 17<sup>th</sup> year being open. When we opened, we did not have a name so one of the first things we did was have a contest to name the program. Our grand opening was February 13, 2002, with a ribbon cutting and refreshments. The new name was announced at the Grand Opening.

The Friendship Club began with a start-up grant through the Robert. W. Johnson Foundation following strategic planning of a need for this service in Hardin County.

Some of the participants have been around from the beginning. The past years, with some donations, memorial gifts, grants, and community volunteers, we have added a handicapped restroom, new paint, carpet cleaning, storeroom shelves, outside grill, patio extension, pavilion, benches and picnic tables.

Presently we have about 40 active participants and are helped by numerous volunteers and very generous donations.



Mary came to visit and brought a photo printer with her. Those who were interested posed for a photo to take home with them. Our 4-legged friend stuck her tongue out for the camera! Mary will bring the printer again, it was fun!



Folding sacks is still an important activity at the club. It helps the Church Women United and is a small thank you to them for the wonderful donations they give to us and others in the community.

And sometimes we dance! With our smart tv, we can play music to dance to, watch YouTube videos to learn from, watch movies, and lots of other entertainment.



## Valentine's Day Word Search

C U U U V A L E N T I N E S J  
F U A H U E Q J J X N Q R K P  
U T P H R Q Z P S W E E T C Q  
X J W I J A U H A A W M A R V  
Q I F R D R C D E O C X J B L  
Z M D O Z R C X L A C T G Z L  
S H P Y U O H F L M R K A S C  
S K E C N W O V F O W T X D H  
Y I P H R G C P E H V V F Y U  
G S U L D Q O M U N O E E N G  
I S Q W U U L D L V M O Q J S  
F E A L Q C A N D Y W J Z E J  
T S X R F Y T V K N S J Z G B  
A O W X G N E F C Z A Y O C H  
A O J Z K Q H P D T C O R D F



- Gift
- Hugs
- Love
- Arrow
- Candy
- Cupid
- Heart
- Sweet
- Kisses
- Flowers
- Chocolate
- Valentine



### **Weekend Hours at the Friendship Club!**

The Club will be open the third Saturday of each month, from 1:00-4:00pm unless notified of change.

No transportation is provided.





MENTAL  
HEALTH  
FIRST AID®

**SOMETIMES FIRST AID ISN'T A  
BANDAGE, OR CPR, OR CALLING 911.  
SOMETIMES FIRST AID IS YOU.**

What: **Juvenile Mental Health First Aid Training**

Learn how to help adolescents who are experiencing a mental health challenge or addiction.

Where: **Bethany Lutheran Church**

2712 Washington, Iowa Falls IA 50126

When: **Tuesday March 5, 2019 - 8:00 AM to 4:30 PM**

**Register now to become the change!**

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ ext. \_\_\_\_\_

Job Title: \_\_\_\_\_ Employer: \_\_\_\_\_

*Lunch is on your own.  
Please feel free to bring sack lunch.*

Sponsored by:



**CICS**

Supporting Individuals. Strengthening Communities.






Send completed registration form to Hardin County Community Services, 1201  
14<sup>th</sup> Ave., Eldora, Ia. 50627 or email to [www.linn.adams@cicsmhds.org](mailto:www.linn.adams@cicsmhds.org).



# FEBRUARY

# MON-WED-FRI

# 10:30A-3:30P

SUN	MONDAY	TUE	WEDNESDAY	THU	FRIDAY	SAT
	<b>Friendship Club</b> <b>641-648-7500</b> <b>Office Hours:</b> 8:30A - 4:00P <b>Club Hours:</b> 10:30A-3:30P Third Saturday: 1:00-4:00P <b>Wednesday Meal- 11:45</b> <b>Activities start at 1pm,</b> <b>unless otherwise noted.</b>				10:30 Chart & Chat <b>1</b> 11:00 CWU Service Project 11:15 Let's MOVE! Sack Lunch  <b>BINGO</b> Kathy Hanzek 	2
3	10:30 Chart & Chat <b>4</b> 11:00 <b>GROUP GAB</b> 11:15 Let's MOVE! Sack Lunch  <i>All Games Tournament</i>  <b>F.R.E.D.</b> Friends Relate, Explore & Discover	5	<b>PIZZA PARTY!!</b> <b>6</b> \$2.00 each, Pay in advance  Karaoke 	7	10:30 Chart & Chat <b>8</b> 11:00 CWU Service Project 11:15 Let's MOVE! Sack Lunch  <b>Moxie Day</b> Thresa Baugh Vicki 	9
10	10:30 Chart & Chat <b>11</b> 11:00 <b>GROUP GAB</b> 11:15 Let's MOVE! Sack Lunch  <i>Marian's Crafts</i>	12	10:30 Chart, Chat & Chill <b>13</b> <b>11:45</b> Lunch: Breakfast Casserole Servers: Leadayle & Kathy H. Clean-up: Teresa & Shirley  <b>Readings with Virginia</b>	14	10:30 Chart & Chat <b>15</b> 11:00 CWU Service Project 11:15 Let's MOVE! Sack Lunch  Megan from <b>UHC</b> Games and Info!	16
17	10:30 Chart & Chat <b>18</b> 11:00 <b>GROUP GAB</b> 11:15 Let's MOVE! Sack Lunch  <i>Do Your Own Thing!</i>	19	10:30 Chart, Chat & Chill <b>20</b> <b>11:45</b> Lunch: Chili Servers: Pete & Tim Clean-up: Larissa & Kathy H.  <i>Greenbelt Home Care</i> Participant Meeting & Calendar Planning	21	10:30 Chart & Chat <b>22</b> 11:00 CWU Service Project 11:15 Let's MOVE! Sack Lunch  <b>Art with Glenna</b>  <b>F.R.E.D.</b> Friends Relate, Explore & Discover	23
24	10:30 Chart & Chat <b>25</b> 11:00 <b>GROUP GAB</b> 11:15 Let's MOVE! Sack Lunch  <b>YouTube Day</b> Scott Sasser 	26	10:30 Chart, Chat & Chill <b>27</b> <b>11:45</b> Lunch: Pork Loin Servers: Richard & Larry Clean-up: Candy & Kay  <b>NEWSLETTER MAILING</b>	28	<b>Friendship Club</b> <b>641-648-7500</b> <b>Office Hours:</b> 8:30A - 4:00P <b>Club Hours:</b> 10:30A-3:30P Third Saturday: 1:00-4:00P <b>Wednesday Meal- 11:45</b> <b>Activities start at 1pm,</b> <b>unless otherwise noted.</b>	

**SATURDAY HOURS!!**  
(3<sup>RD</sup> SAT)  
Feb 16<sup>th</sup>  
1:00-  
4:00PM  
No Transp.

Hardin County Community Services  
1201 14<sup>th</sup> Ave  
Eldora Iowa 50627